



# It's All About Families

## WIC Family Centered Education (FCE)

January 2003 Newsletter

### FCE Works....

**The evaluation report is done!** The final report is being mailed to you. The lesson plans and additional copies of the report are available upon request.

#### ***Some highlights include:***

- FCE is a good way to teach nutrition- what parents said they learned echoed the learning objectives for the classes.
- Parents gave whole-hearted approval to the classes. 95% said they would come back to an FCE class again and would recommend it to others.
- WIC staff were enthusiastic-80% said they believe the approach is valuable. They wanted to add more FCE classes.
- FCE encourages parents to take a more active role in their children's education. One parent said-***"Reading and listening to music are ways of learning for my child as well as for me."***

#### ***Recommendations:***

- Make room for FCE in WIC- more time and room for classes; more staff training
- Build a community of FCE practitioners

### **Reach Out and Read at NEV**

Northeast Valley has successfully partnered with local pediatricians to provide free books to WIC families through the Reach Out and Read program.

### **Gardening at San Mateo WIC**

San Mateo's FCE classes were featured in the Winter 2002 WIC Watch newsletter. They "hit pay dirt" when student volunteers bagged a truckload of dirt donated by a local garden supplier! In one clinic, everyone sang along.

### Links to FCE Resources

#### **Resources from Reading Rockets:**

[www.pbs.org/launchingreaders](http://www.pbs.org/launchingreaders)  
[www.readingrockets.org/kvie](http://www.readingrockets.org/kvie)

#### **Healthy Start, Grow Smart Pamphlets**

<http://www.ed.gov/offices/OESE/earlychildhood/healthystart/>

#### **Food Stamp Nutrition Connection:**

<http://www.nal.usda.gov/foodstamp/index.html>

#### **Pictures of fruits and vegetables:**

<http://www.ars.usda.gov/is/graphics/photos/>  
<http://www.usda.gov/oc/photo/opc-frve.htm>

#### **Borrowing free materials:**

[www.californiahealthykids.org](http://www.californiahealthykids.org)

#### **The Community Nutrition Action Kit:**

<http://schoolmeals.nal.usda.gov/Training/cak.html>

#### **Team Nutrition**

<http://www.fns.usda.gov/tn/>

#### **New Lesson Plans to be available this spring:**

- *Eating the Rainbow ... at the Farmer's Market*
- *Happy Mealtimes and the Little Red Hen*
- *Healthy Snacks*
- *Fit Families Play Every Day*

Please contact us any time!

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## Got the Music in You?

**In every Family Centered Education lesson plan, music is used as a gathering and introductory part of the learning. Why is the music important? Here are a few reasons:**

- 1. Music relaxes the mind and lowers stress levels that inhibit learning.** When used effectively, it increases alpha levels in the brain, boosting memory and recall and allowing the brain to access reserve capacities.
- 2. Music acts directly on the body,** specifically on metabolism and heartbeat. Listening to certain types of music can trigger the release of endorphins, producing a tranquil state that leads to faster learning.



- 3. Music stimulates and awakens,** reviving bored or sleepy learners and increasing blood and oxygen flow to the brain.
- 4. Music is mathematical.** Certain musical structures stimulate specialized brain circuits, allowing learners to decode complex ideas more easily.
- 5. Music inspires emotion,** creating a clear passage to long-term memory.
- 6. Music is a stage-changer** and can be used effectively to get learners into an effective learning state.
- 7. Music is a universal language,** uniquely capable of crossing cultural barriers and training in ethnic traditions and values. It can set a dramatic stage for lessons in many areas-history, foreign language, sociology, political studies and geography.
- 8. Music is a powerful anchor** that moors learning in memory.

These eight reasons are summarized from *An introduction to The Music Revolution*, by Dr. Jeannette Vos, co-author of the world's biggest-selling book in 1999, *The Learning Revolution*.

***Don't forget to look at your FCE binder for more information on how music helps children learn. Look at tab 12- Why We Teach Music.***

**Other links you may find interesting about ways to use music in the classroom:**

<http://www.newhorizons.org/strategies/arts/brewer.htm>;

[http://step.k12.ca.us/prof\\_dev/C16/media/resources/musiclearning.pdf](http://step.k12.ca.us/prof_dev/C16/media/resources/musiclearning.pdf)